

## Florida Keys Gear List

Appropriate clothing and gear are essential for students to be able to have fun and succeed on a wilderness course. If possible, please send a combination of synthetic and cotton clothes. Synthetic materials are better for staying warm when wet and for drying quickly. Cotton is good for comfort and sun protection. For more information on gear contact SOAR or check out our Gear Guide at <http://www.soarnrc.org/gearguides/gearguide.html>.

### CLOTHING

- 1 pair quick-dry pants
- 4 pair shorts
- 4 t-Shirts
- 2 swimsuits
- 4 pair socks
- 1 pair tennis shoes
- 1 pair "Croc" style sandals\*
- 5 pairs underwear
- Hat (for sun protection)
- 2 sets sleepwear

### GEAR NEEDS

- Duffle bag or backpack
- Sheet and fleece blanket
- Sleeping pad (Ensolite or Thermarest type)
- Headlamp with extra batteries
- 2 Nalgene quart-size water bottles
- Deet insect repellent (non-aerosol)
- Pen and paper
- Rain suit (parka and pants) \*\*
- Day pack (min. 1,500 cubic inches)
- Sunscreen (non-spray, waterproof, maximum protection)
- Pillow/pillowcase
- Sunglasses
- Swim Shirt / Rash Guard (2 recommended)\*\*\*\*
- 1 box of Ziploc freezer bags (gallon size)

### ADDITIONAL ITEMS

- Disposable camera (optional)
- Binoculars (optional)
- Diving mask \*\*\*
- Snorkel\*\*\*
- Diving fins\*\*\*

### NOTES

#### 1. **All clothing and personal items must be labeled!**

2. Do not bring jewelry, valuable watches, CD players, video games, cell phones, etc. Don't bring a knife (other than a table knife).

\* Specifically "Croc" style sandals are essential for the prevention of blisters. Please do not send a different type.

\*\* Quality rain gear is essential. Please consult your local outdoor retailer with questions.

\*\*\*Bring your own if you have them. If you do not have these, part of the spending money will be utilized for renting them.

\*\*\*\* See Gear Guide at <http://www.soarnrc.org/gearguides/gearguide.html> for description of swim shirts.

### EATING GEAR

- Plastic bowl and/or plate
- Eating utensils
- Plastic cup

### PERSONAL NEEDS

- Toothbrush/toothpaste
- Shampoo/conditioner
- Deodorant
- Soap/soapbox
- 2 bath towels
- 1 washcloth
- Prescription medications